

### **Abstract**

The invention proposes a switchable cam follower (1) or a switchable support element of a valve train of an internal combustion engine, said cam follower or support element comprising an outer part (2) which is assembled together with an inner part (4) that is displaceable relative thereto in a direction of cam lift, said inner part (4) comprising, at a parting gap (5) to the outer part (2), two spaced apart or opposing openings (6, 7) for coupling means, each of said openings (6, 7) being aligned, at one cam position, to a further opening (10, 11) for coupling means in the outer part (2), the coupling means being configured and arranged so that, in a coupled state, each coupling means extends beyond the parting gap (5) on one coupling side (12, 13) while simultaneously extending in the opening (10, 6) of the outer and the inner part (2, 4). In an uncoupled position of the coupling means (14, 15), an axial idle stroke of the coupling means (15) on the one coupling side (12) till coupling is achieved is large and the axial idle stroke of the coupling means (14) on the further coupling side (13) till coupling is achieved is small. In this way, a switchable cam follower (1) or a switchable support element is created in which the manufacturing costs, the complexity and also the risk of faulty couplings are drastically reduced.